

Marie Roberts-Caney Elementary

Wellness Policy

[KRS 160.345(11)]

Purpose:

The Wellness Policy of Marie Roberts-Caney Elementary ensures that all students have opportunity for integrate more physical activity and is encouraged to make healthy choices daily.

Procedures:

Marie Roberts-Caney Elementary will create positive experiences with physical activity for students by providing opportunity for all students to have up to thirty (30) minutes per day or one hundred fifty (150) minutes of physical activity per week. Teachers will provide planned, sequential instruction that promotes lifelong physical activity. It will be designed to develop basic movement skills, lifelong sports skills, and physical fitness as well as to enhance mental, social, and emotional abilities.

- Each student will participate in physical education.
- Each student will have at least 10 minutes of supervised activity time. The school shall provide the space and equipment. Teachers will not be allowed to deprive students of activity time or other physical activity as a consequence for inappropriate behavior.
- Teachers will make all practical efforts to avoid periods of more than fifty minutes when students are physically inactive.
- Accommodations and adaptations will be made for students with special needs.
- All teachers will implement a healthy choice program by reviewing the nutritional standards on a regular basis and by not using food as a reward.

Marie Roberts-Caney Elementary will adopt the physical education assessment tool to assess the physical activity program at the school. The tool must:

- Assess how closely the physical education curriculum aligns with state and national standards for high quality physical education programs.
- Analyzes the content and components of the physical education curriculum.
- Assists in identifying changes that are needed in physical education curriculum.

Evaluation:

The school council shall review annually by the March school council meeting the level of student activity and compiled data from the assessment tool. This data shall be included as part of the improvement planning process.